



Dudley Elementary Bulletin  
*The Future of the World is in this Building!*  
November 8 - November 19



**MENU**

**Nov. 8 - Nov. 12**

**Monday-**

Chicken Tenders  
Chili Dog  
Pizza  
Deli Items

**Tuesday-**

Popcorn Chicken Bowl  
Fajita  
Pizza  
Deli Items

**Wednesday-**

Chicken Alfredo or  
Supreme Swede Pizza  
Spicy Chicken Sandwich  
Pizza  
Deli Items

**Thursday-**

Chicken Legs  
Buffalo Chicken or Taco Pizza  
Pizza  
Deli Items

**Friday-**

Mini CornDogs  
Burrito Bowl  
Pizza  
Deli Items

**Nov. 15 -Nov. 19**

**Monday-**

BBQ Pork Rib  
Pepperoni Bubble Bake  
Pizza  
Deli Items

**Tuesday-**

Tatertot Casserole  
Spicy Chicken Sandwich  
Pizza  
Deli Items

**Wednesday-**

Chicken Nuggets  
Taco Soup  
Pizza  
Deli Items

**Thursday-**

Sloppy Joe  
Chicken Enchiladas  
Pizza  
Deli Items

**Friday-**

Mandarin Chicken on Rice  
Taco's  
Pizza  
Deli Items

Swede Chef Salad / Swedeable or Deli Sandwiches available daily.

All Menus are subject to change.

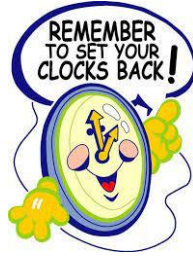
# dates to Remember



Wednesday, Nov. 10 will be a 2:30 dismissal.

Wednesday, Nov. 17 will be a 2:30 dismissal.

Sunday Nov. 7  
Daylight Savings Time  
ends. Don't forget  
to fall back one hour!



## Flu Shot Clinic is Rescheduled

Gothenburg Public Schools is teaming up with Two Rivers Public Health Department in the Flu Shot Program. On Wednesday, November 17, Students who have not already had their flu shot can have their shot during school hours. You **HAVE** to complete a paper registration form (sent home with your child, or available at the school), and a copy of your insurance card if you have one.



Registration forms are due to Nurse Haas by Friday, November 12. **If forms are not completed, your child may not get the flu shot.**



## Elementary Yearbooks

2020-2021 Dudley Elementary Yearbooks are on sale for \$13. You may purchase a yearbook from Mrs. Keith at the front desk. Ms. Libich also has a few extra yearbooks from previous school years, so if you would like one, please contact her via email at [kara.libich@gosweddes.org](mailto:kara.libich@gosweddes.org)

## Notes from the Nurse:

Staying healthy can be challenging this time of year! Here are a few things to consider in addition to recommendations from your family physician:

- \*Wash hands when you get home from school or work and throughout the day when needed.
- \*Drink plenty of water.
- \*Avoid simple sugars such as candy and soda.
- \*Eat lots of fruits and vegetables.
- \*Boost immune systems with Vitamin C, Vitamin D3, and Elderberry.
- \*Get plenty of rest! Your body repairs itself when you are asleep. Kiddos age 3-6 need 10-12 hours of sleep, 7-12 year olds need 10-11 hours, 12-18 year olds need 8-9 hours and adults need 7-9 hours of sleep per day.

If your kids are sick please keep them home to prevent the spread of illness throughout the school. If your child is vomiting or has a temperature of 100 degrees or above within the past 24 hours they are to stay home. Please keep your child home from school until the fever has been gone **WITHOUT** the use of fever-reducing medication for 24 hours. If you have questions about sending your child to school please contact

Mrs. Haas at 537-3651 ext. 1116



The Mission of Gothenburg Public Schools is to prepare all students to become lifelong learners within a positive and innovative learning environment.



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